

Choose a Variety of Heart Healthy Foods

Grains Group:

Breads, Cereal, Starchy Vegetable, Rice, and Pasta Group



- ♥ Corn or lowfat whole wheat tortillas
- ♥ Sliced bread (like wheat, rye, or white), pita bread, English muffins, and bagels
- ♥ Starchy vegetables such as potatoes, corn, and cooked dry beans, peas, and lentils
- ♥ Unsalted lowfat crackers (like graham crackers), unsalted pretzels, and plain popcorn
- ♥ Cooked hot cereals (not instant) and whole grain cold cereals
- ♥ Pasta (like plain noodles, spaghetti, macaroni) and rice

Fruit Group

- ♥ Fresh, frozen, or canned fruit juices
- ♥ Fresh, frozen, canned, or dried fruits (like oranges, papaya, grapefruit, bananas, apples, mangoes, pineapples, watermelons, peaches, and fruit cocktail)

Vegetable Group (without added fat)

- ♥ Fresh, frozen, or no salt added canned vegetables (like, green beans, carrots, cabbage, tomatoes, yucca, squash, and broccoli)

Milk Group:

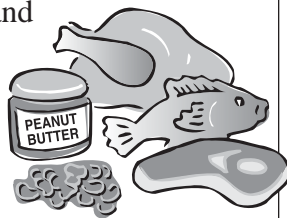
Milk, Yogurt, and Cheese
(Choose lowfat more often)

- ♥ Fat free (skim) and lowfat (1percent) milk
- ♥ Lowfat or fat free yogurt
- ♥ Cheeses lower in fat and sodium



Meat and Beans Group:

Lean Meat, Poultry, Fish, Eggs, and Nuts



- ♥ Chicken or turkey without the skin
- ♥ Fish
- ♥ Lean cuts of meat
- ♥ Beef: round, sirloin, chuck, loin, extra lean ground beef
- ♥ Pork: leg, shoulder, tenderloin, lean ham
- ♥ Nuts
- ♥ Cooked, dry beans, peas, and lentils
- ♥ Eggs

Fats

(Use only in small amounts)

- ♥ Margarine (liquid, tub (soft), and reduced calorie)
- ♥ Oils (like canola, corn, safflower, olive, peanut, or sesame oil)

Sweets

(Some may be high in calorie. Choose in small amounts.)

- ♥ Frozen treats (frozen juice pops, frozen lowfat yogurt, sherbet)
- ♥ Lowfat cake and cookies (angel food cake, fig bar cookies, ginger-snaps, animal crackers, vanilla wafers)

The American Indian Food Guide Pyramid



KEY

These symbols show fats, oils, and added sugars in foods:

- **Fats** (naturally occurring and added)
- ▼ **Sugars** (added)

FOR MORE INFORMATION

Using the Food Guide Pyramid: What Counts as a Serving?

Here are examples of today's foods and traditional AI/AN Foods.

The number of servings depends on how many calories you need. This is based on your age, sex, size, and how active you are. Almost everyone should have at least the lowest number of servings.

Grains Group: <i>Choose 6–11 servings per day</i> 1 slice bread, 1 tortilla 1 ounce (about 1 cup) ready-to-eat cereal 1/2 cup cooked cereal 1/2 English muffin or hamburger roll 1/2 cup spaghetti, noodles, macaroni, and rice 1/2 cup starchy vegetables* (peas, beans, corn) or 1 small potato 4–6 crackers	Traditional Grains: Indian biscuits Popcorn Lukameen Mush Wild oats Wild oats Dried Corn
Vegetable Group: <i>Choose 3–5 servings per day</i> 1 cup raw leafy greens 1/2 cup chopped raw or cooked vegetables 1/2 cup vegetable	Traditional Vegetables: Sprouts or new shoots Peeled stems Spring greens Wild rhubarb Indian celery Wild mushrooms Seaweed Black tree moss Wild roots Squash
Fruit Group: <i>Choose 2–4 servings per day</i> 3/4 cup 100 percent fruit juice 1 medium piece fresh fruit 1/2 cup canned or fresh chopped fruit 1/2 cup dried fruit	Traditional Fruits and Berries: Wild berries such as huckleberries Choke cherries Wild crab apples Wild black cherries
Milk Group: <i>Choose 2–3 servings per day</i> 1 cup milk or lactose reduced milk 1 cup yogurt 1 1/2 ounces cheese	Traditional Calcium Sources: Bone soup or broth Oyster or clams Fish head soup Canned salmon with the bones Coush, camas, or wild carrots (in large amounts)
Meats and Beans Group: <i>Choose 2–3 servings per day</i> 2–3 ounces cooked meat, poultry, or fish 1/2 cup of cooked, dry beans and lentils* 1 hot dog 1 egg 2 tablespoons peanut butter, nuts, or seeds	Traditional Meats, Fish, Birds, Eggs, and Nuts: Deer, elk, mountain goat, rabbit, squirrel, or beaver Salmon or other fish Fowl Eggs of salmon or birds Acorns, hazelnuts, or pinenuts
Extras—Fats and Sweets: <i>Use only very small amounts!</i> Butter, margarine, mayonnaise, or salad dressing Lard, oil, or gravy Fried food, chips or fry bread Sugar, honey, syrup, candy, jam, or jelly Pie, cake, cookies, or desserts Soda pop, koolaid, sweetened punches, or tea.	Traditional Fats and Sweets: Animal fat Fish oil Seal oil

The food groups are based on the American Dietetic Association (ADA) exchange list. The ADA exchange list groups starchy vegetables and beans in the grains group. Dried beans and peas can be grouped in the starchy grains group or meat and beans group.